

EDIBLE ISLAND

WHOLE FOODS MARKET

We're Here
for You!

NUTRISTART **SAVE 10%**

Quick D 2500IU

★ Convenient liquid format designed to make taking your daily D easy and consistent, supports healthy teeth, bones and muscle function as well as immune system

30 mL

★ Line Drive



CHANGE OF DATE THIS MONTH!
Wellness Wednesday
SAVE 15% ON PERSONAL CARE & VITAMINS

**WEDNESDAY
SEPTEMBER
23 RD**

HEALTH

NEWCO
Brocco Gummies **SAVE 10%**
★ Watermelon Cherry Flavour!

★ 100mg of broccoli sprout concentrate per gummy offering antioxidant and cellular defense support, manage inflammation, promotes healthy gut function

★ Line Drive

60 Gummies

26.99



ALLKIDZ
Magnesium Gummies **SAVE 15%**

★ 55mg plant based elemental magnesium per gummy, helps with sleep, mood, concentration, energy levels, anxiety and much more! Pure, clean formula, tastes great!

★ Line Drive

80 Gummies

18.69



BACH
Rescue Night Spray **SAVE 15%**

★ Homeopathic sleep aid made with a 6 flower blend, designed to calm repetitive thoughts and stress-induced sleeplessness

★ Line Drive

20 mL Oral Spray

18.69



PURE VITA LABS
100% German Creatine **SAVE 10%**

★ Premium German-made creatine monohydrate with Creapure, designed to support strength, power, workout performance & muscle recovery boasting 99.99% minimum purity

SAVE 10%

48.59

410 g



NAKA PLATINUM
Heme Iron **SAVE 15%**

★ Gentle iron supplement supports healthy red blood cell production, energy levels and iron stores, highly absorbable

SAVE 15%

25.49

60 Caps BONUS SIZE



LOCAL & ORGANIC PRODUCE

LOCAL! ORGANIC
Slicer Tomatoes
FROM PATTISON FARMS



3.49 lb

\$7.68 kg

GREAT BUY!!

ORGANIC
Red Onions AB



1.99 lb

\$4.38 kg

SAVE \$1.00/lb

ORGANIC BC
Russet Potatoes



5.99 ea

5 LB BAGS

SAVE \$2.00

GROCERY

Your Local Health Hub Since 1980!

QUE PASA ORGANIC
Tortilla Chips **4.79**

350 g

SAVE UP TO 21%

★ ON CHIPS, SALSA, & TACOS!



FOUR O'CLOCK ORGANIC
Fair Trade Chai Rooibos **5.49**

16 Bags

★ 7 DIFFERENT FLAVOURS!

SAVE 21% OR MORE



NATURA ORGANIC
Soy Beverage **3.69**

946 mL

★ 10 PLANT-BASED BEVERAGES ON SALE!

SAVE UP TO 26%



TAJ MAHAL
Navratan Korma **2.99**

285 g

★ 8 DELICIOUS INDIAN STYLE READY-TO-EAT MEALS!

SAVE 33%



PATIENCE FRUIT D'OR ORGANIC ★ NO SUGAR ADDED
Dried & Sliced Cranberries **5.49**

142 g

★ SWEETENED AND NO SUGAR ADDED CRANBERRIES ON SALE!

SAVE UP TO 27%



WILDWOOD ORGANIC
TOFU **4.19**

★ FIRM OR EXTRA FIRM

SAVE 30%

439 g 2 PACK



SQUAMISH WATER KEFIR
Probiotic Root Beer **3.49**

355 mL

★ PROBIOTIC SODAS & FROZEN POPSICLES, ALL ON SALE!

SAVE UP TO 22%



HORNBY ORGANIC
Chocolate Chip Peanut Butter Energy Bar **1.79**

45 g

SAVE 22%



BUCHA BREW ORGANIC
Mango Kombucha **2.49**

355 mL

★ 3 FLAVOURS ON SALE!

SAVE 29%



★ Please check all ingredients to ensure products are right for you



**SALES ON
FROM**

**SEPT. 23 RD
TO SEPT. 29 TH**

EDIBLEISLAND.CA 477-6TH ST. COURTENAY MON-SAT 9-6:30 SUN 10-5 250-334-3116